

# Getting the Relationship you Want: An Imago Course for Couples 12 Week Extension Program: Week 1

## Establishing Mutual Commitment Exercise

- 👁️ **Set-up: Separately, then together**
- 👁️ **Materials needed: A piece of paper and a writing utensil\***
- 👁️ **Time: About 20 minutes**
- 👁️ **Purpose: The Imago process can be an intense exploration; into our patterns, childhood experiences, and deep fears and desires. It is important to institute an agreement that you are both committed to seeing the process through, even when it is difficult. This establishes safety and mutual trust. Although you have likely already engaged in the Imago Couples' Dialogue, it is helpful to establish a mutual commitment to continuing this work for 12 more weeks.**

\*The verbal statement of commitment is important. However, if you'd like, feel free to play around with the expression of your commitment and vision. For instance, painting, making a collage, and other art forms can enhance this process in a way that is specific and right for you.

### **Step 1:**

- 👁️ **Each on your own, sit down and think about how willing you are to:**
  - **Create a more supportive, communicative relationship that is closer to what you really want?**
  - **Engage in this process with your partner, although at times it might seem difficult**
  - **Engage in self-growth for yourself, and in service of a better relationship**

### **Step 2:**

- 👁️ **When you feel ready, get together to write and sign a statement of commitment for these 12 weeks. It can say whatever you agree on, but it might look something like this:**

For these 12 weeks, we both agree to:

- Set aside 1 hour for the weekly exercise(s) at 8pm on Monday, Thursday, and Sunday nights
- Openly communicate using the dialogue process throughout the week
- Make no big decisions about the future of our relationship until the 12 weeks is over, and/or we talk to a couple's counselor

Signed \_\_\_\_\_ and \_\_\_\_\_ Date \_\_\_\_\_